



## Fish Pie

Mixed white and red fish pieces cooked in a bechamel sauce with vegetables, topped with mashed potato.

### Ingredients

Fish mix (Haddock, Salmon, Smoked haddock (Haddock (98%), Salt)) (Fish) (33.6%), Potato, Milk, Leek, Petit pois, Cheddar cheese (Milk, Salt), Butter (Milk), Wheat flour (Wheat flour (Gluten), Calcium carbonate, Iron, Niacin, Thiamin), Spinach

For allergens, see ingredients in **bold**. All our meals may also contain celery, crustaceans, eggs, fish, gluten, lupin, milk, molluscs, mustard, nuts, peanuts, sesame, soy and sulphites.

**WARNING:** Although every care is taken to remove all bones some small bones may remain.

Typical values	(As Sold) Per 100g	(As Sold) Per Serving (230g)	(As Sold) Per Serving (280g)
Energy	570 kJ 136 kCal	1312 kJ 313 kCal	1597 kJ 381 kCal
Fat	6.3 g	14.5 g	17.7 g
of which saturates	3.3 g	7.6 g	9.2 g
Carbohydrates	8.7 g	20.0 g	24.4 g
of which sugars	1.6 g	3.8 g	4.6 g
Fibre	1.8 g	4.1 g	5.0 g
Protein	11.1 g	25.5 g	31.0 g
Salt	0.25 g	0.57 g	0.69 g

Contains 1 serving

For best results, **oven cook from frozen**. Before serving check that the food is piping hot in the centre, if not cook further. Take care, product will be hot - allow to cool before serving. Do not re-heat once cooled. These instructions are for guidance only. All appliances vary.

### Oven

Preheat oven to 190°C / fan 170°C. Remove lid and place pot on a baking tray.



	Small pot	Medium pot	
From frozen:	40-50 mins	50-60 mins	<b>40-60 mins</b>
From defrosted:	25-30 mins	35-40 mins	<b>25-40 mins</b>

### Microwave

Remove lid and replace loosely. Cook on full power.



	Small pot	Medium pot	
From frozen: Cook on full power for:			
900W	7 mins	10 mins	<b>7-11 mins</b>
800W	7.5 mins	10.5 mins	

## Vegetable Lasagna

Cooked wheat pasta with mixed vegetables and lentils in a tomato sauce topped with béchamel sauce and cheddar cheese.

### Ingredients

Chopped tomatoes (Tomato, Tomato juice, Citric acid), Milk, Aubergine, Courgette, Carrot, Onion, Pasta (Durum wheat semolina (**Gluten**)), Cheddar cheese (Milk, Salt), Red pepper, Green lentils, wheat flour (wheat flour (**Gluten**), Calcium carbonate, Iron, Niacin, Thiamin), Butter (Milk), Tomato puree (Tomato (99%), Salt), Garlic puree (Garlic (98%), Citric acid), Mixed herbs (Marjoram, Oregano, Thyme, Parsley, Basil).

For allergens, see ingredients in **bold**. All our meals may also contain celery, crustaceans, eggs, fish, gluten, lupin, milk, molluscs, mustard, nuts, peanuts, sesame, soy and sulphites.



For best results, oven cook from frozen. Before serving check that the food is piping hot in the centre, if not cook further. Take care, product will be hot - allow to cool before serving. Do not re-heat once cooled. These instructions are for guidance only. All appliances vary.

### Oven

Preheat oven to 190°C / fan 170°C. Remove lid and place pot on a baking tray.



	Small pot	Medium pot	
From frozen:	40-50 mins	50-60 mins	<b>40-60 mins</b>
From defrosted:	25-30 mins	35-40 mins	<b>25-40 mins</b>

### Microwave

Remove lid and replace loosely. Cook on full power.



	Small pot	Medium pot	
From frozen: Cook on full power for:			
900W	7 mins	10 mins	<b>7-11 mins</b>
800W	7.5 mins	10.5 mins	

Typical values	(As Sold) Per 100g	(As Sold) Per Serving (235g)	(As Sold) Per Serving (280g)
Energy	373 kJ 89 kCal	876 kJ 210 kCal	1044 kJ 250 kCal
Fat	4.3 g	10.2 g	12.2 g
of which saturates	2.6 g	6.2 g	7.3 g
Carbohydrates	8.5 g	20.0 g	23.8 g
of which sugars	3.6 g	8.4 g	10.0 g
Fibre	2.0 g	4.6 g	5.5 g
Protein	4.2 g	9.8 g	11.7 g
Salt	0.16 g	0.37 g	0.44 g

Contains 1 serving





For best results, microwave from frozen. Before serving check that the food is piping hot in the centre, if not cook further. Take care, product will be hot - allow to cool before serving. Do not re-heat once cooled. These instructions are for guidance only. All appliances vary.

#### Microwave

Remove lid and replace loosely. Stir halfway through cooking.



From frozen: Cook on full power for:

	Small pot	Medium pot	
900W	3.5 mins	4 mins	3-5 mins
800W	4.5 mins	5 mins	

From defrosted: Cook on full power for:

	Small pot	Medium pot	
900W	2.5 mins	3 mins	2-4 mins
800W	3.5 mins	4 mins	

## Chicken Fricassée

Free range British chicken breast and thigh pieces in a cream sauce with basmati and wild rice.

### Ingredients

Mushrooms, Water, Chicken breast (10.7%), Chicken thigh (10.7%), Onion, Savoy cabbage, Double cream (Milk), Basmati rice, Wheat flour (Wheat flour (**Gluten**), Calcium carbonate, Iron, Niacin, Thiamin), Wild rice, Butter (Milk), Rapeseed oil, Garlic puree (Garlic (9.8%), Citric acid), Chicken stock (Glucose syrup, vegetable fat (Shea), Toasted onion powder, Sugar, Potato starch, Flavourings, Chicken powder (Chicken, Antioxidant (Rosemary extracts)) (2.5%), Herbs (Parsley, Rosemary), Chicken fat (Chicken fat, Antioxidant (Rosemary extracts)) (1%), Turmeric, Red pepper, Pepper, Carrots, Nutmeg, Lovage root), Mixed herbs (Marjoram, Oregano, Thyme, Parsley, Basil), Black pepper, Thyme.

For allergens, see ingredients in **bold**. All our meals may also contain celery, crustaceans, eggs, fish, gluten, lupin, milk, molluscs, mustard, nuts, peanuts, sesame, soy and sulphites.

Typical values	(As Sold) Per 100g	(As Sold) Per Serving (200g)	(As Sold) Per Serving (240g)
Energy	470 kJ 112 kCal	940 kJ 224 kCal	1128 kJ 269 kCal
Fat	5.5 g	11.0 g	13.2 g
of which saturates	2.8 g	5.6 g	6.7 g
Carbohydrates	9.3 g	18.5 g	22.2 g
of which sugars	1.4 g	2.8 g	3.3 g
Fibre	0.7 g	1.5 g	1.8 g
Protein	6.0 g	12.1 g	14.5 g
Salt	0.06 g	0.13 g	0.15 g

Contains 1 serving





## Pasta Bolognese

British beef mince with vegetables in a tomato sauce with wheat pasta.

### Ingredients

Tomato passata (Tomato, Salt, Citric acid), Beef mince (16.6%), Pasta (Durum wheat semolina (**Gluten**)), Mushroom, Carrot, Onion, **Celery**, Tomato puree (Tomato (99%), Salt), Beef stock (Glucose syrup, Vegetable fat (Shea), Flavourings, Toasted onion powder, Potato starch, Sugar, Beef fat (Beef fat, Antioxidant (Rosemary extract)), (3%), Beef powder (2%), Spices (Pepper, Nutmeg, Lovage roots, Clove), Herbs (Parsley, Rosemary), Red pepper, Carrot), Garlic puree (Garlic (92%), Citric acid), Mixed herbs (Marjoram, Oregano, Thyme, Parsley, Basil).

For allergens, see ingredients in **bold**. All our meals may also contain celery, crustaceans, eggs, fish, gluten, lupin, milk, molluscs, mustard, nuts, peanuts, sesame, soy and sulphites.

Typical values	(As Sold) Per 100g	(As Sold) Per Serving (220g)	(As Sold) Per Serving (260g)
Energy	404 kJ 96 kCal	889 kJ 210 kCal	1050 kJ 249 kCal
Fat	1.1 g	2.4 g	2.9 g
of which saturates	0.4 g	1.0 g	1.1 g
Carbohydrates	14.4 g	31.8 g	37.6 g
of which sugars	3.4 g	7.5 g	8.8 g
Fibre	1.3 g	3.0 g	3.5 g
Protein	6.1 g	13.5 g	16.0 g
Salt	0.20 g	0.44 g	0.52 g

Contains 1 serving

For best results, microwave from frozen. Before serving check that the food is piping hot in the centre, if not cook further. Take care, product will be hot - allow to cool before serving. Do not re-heat once cooled. These instructions are for guidance only. All appliances vary.

### Microwave

Remove lid and replace loosely. Stir halfway through cooking.



From frozen: Cook on full power for:

	Small pot	Medium pot	
900W	3.5 mins	4 mins	3-5 mins
800W	4.5 mins	5 mins	

From defrosted: Cook on full power for:

	Small pot	Medium pot	
900W	2.5 mins	3 mins	2-4 mins
800W	3.5 mins	4 mins	



## Coconut Fish Curry

Haddock pieces in a mildly spiced coconut sauce with basmati rice.

### Ingredients

Water, Coconut milk (Coconut extract (60%), **Haddock (Fish)**, Butternut squash, Cauliflower, Basmati rice, Tomato passata (Tomato, Salt, Citric acid), Onion, Spinach, Creamed coconut (Coconut (100%), Garlic puree (Garlic (92%), Citric acid), Ginger puree (Ginger (45%), Rapeseed oil, Sugar, Salt, Acetic acid, Citric acid, Ascorbic acid), Curry powder (Coriander, **Mustard**, Turmeric, Fenugreek, Pea, Chilli, Salt, Fennel, Dill, Cumin, Garlic), Cumin, Vegetable stock (Glucose syrup, Vegetable fat (Shea), Flavourings, Toasted onion powder, Potato starch, Sugar), Herbs (Parsley, Rosemary), Nutmeg, Red pepper, Pepper, Carrot, Lovage root, Turmeric), Garam masala (Cumin, Black pepper, Cloves, Cassia, Bay, Star anise, Ginger, Cardamom, Fennel, Chilli, Triphala), Coriander, Turmeric.

For allergens, see ingredients in **bold**. All our meals may also contain celery, crustaceans, eggs, fish, gluten, lupin, milk, molluscs, mustard, nuts, peanuts, sesame, soy and sulphites.

**WARNING:** Although every care is taken to remove all bones some small bones may remain.

For best results, microwave from frozen. Before serving check that the food is piping hot in the centre, if not cook further. Take care, product will be hot - allow to cool before serving. Do not re-heat once cooled. These instructions are for guidance only. All appliances vary.

### Microwave

Remove lid and replace loosely. Stir halfway through cooking.



From frozen: Cook on full power for:

	Small pot	Medium pot	
900W	3.5 mins	4 mins	3-5 mins
800W	4.5 mins	5 mins	

From defrosted: Cook on full power for:

	Small pot	Medium pot	
900W	2.5 mins	3 mins	2-4 mins
800W	3.5 mins	4 mins	

Typical values	(As sold) Per 100g	(As Sold) Per Serving (190g)	(As Sold) Per Serving (240g)
Energy	555 kJ 132 kCal	1054 kJ 251 kCal	1331 kJ 318 kCal
Fat	5.8 g	11.0 g	13.9 g
of which saturates	4.8 g	9.1 g	11.5 g
Carbohydrates	11.8 g	22.4 g	28.3 g
of which sugars	2.0 g	3.7 g	4.7 g
Fibre	1.1 g	2.0 g	2.6 g
Protein	7.7 g	14.7 g	18.6 g
Salt	0.18 g	0.34 g	0.44 g

Contains 1 serving



## Mediterranean Veg Orzo

Mixed vegetables and orzo pasta in a tomato cream sauce.

### Ingredients

Chopped tomatoes (Tomato, Tomato juice, Citric acid), Orzo pasta (Durum wheat semolina (**Gluten**)) (4.08%), Courgette, Red pepper, yellow pepper, Aubergine, Red onion, Double cream (**Milk**), Garlic puree (Garlic (9.8%), Citric acid), Basil

For allergens, see ingredients in **bold**. All our meals may also contain celery, crustaceans, eggs, fish, gluten, lupin, milk, molluscs, mustard, nuts, peanuts, sesame, soy and sulphites.

Typical values	(As Sold) Per 100g	(As Sold) Per Serving (240g)	(As Sold) Per Serving (280g)
Energy	376 kJ 89 kCal	903 kJ 215 kCal	1054 kJ 250 kCal
Fat	2.9 g	6.9 g	8.0 g
of which saturates	1.5 g	3.7 g	4.3 g
Carbohydrates	13.4 g	32.1 g	37.4 g
of which sugars	2.8 g	6.6 g	7.7 g
Fibre	1.2 g	2.9 g	3.4 g
Protein	2.6 g	6.3 g	7.4 g
Salt	0.05 g	0.12 g	0.14 g

Contains 1 serving

For best results, microwave from frozen. Before serving check that the food is piping hot in the centre, if not cook further. Take care, product will be hot - allow to cool before serving. Do not re-heat once cooled. These instructions are for guidance only. All appliances vary.

### Microwave

Remove lid and replace loosely. Stir halfway through cooking.



From frozen: Cook on full power for:

	Small pot	Medium pot	
900W	3.5 mins	4 mins	3-5 mins
800W	4.5 mins	5 mins	

From defrosted: Cook on full power for:

	Small pot	Medium pot	
900W	2.5 mins	3 mins	2-4 mins
800W	3.5 mins	4 mins	

## Cottage Pie

British beef mince in a vegetable gravy topped with mashed potato and sweet potato.

### Ingredients

Water, Beef mince (20.1%), Potato, Onion, **Colery**, Carrot, Sweet potato, Petit pois, Tomato puree (Tomato (99%), Salt), wheat flour (wheat flour (**Gluten**), Calcium carbonate, Iron, Niacin, Thiamin), Worcestershire sauce (Malt vinegar (**Barley**), Spirit vinegar, Molasses, Sugar, Salt, Anchovy (**Fish**), Tamarind extract, Onion, Garlic, Spice, Flavourings), Beef stock (Glucose syrup, Vegetable fat (Shea), Flavourings, Toasted onion powder, Potato starch, Sugar, Beef fat (Beef fat, Antioxidant (Rosemary extract)) (3%), Beef powder (2%), Spices (Pepper, Nutmeg, Lovage roots, Clove), Herbs (Parsley, Rosemary), Red pepper, Carrot), Thyme, Rosemary.

For allergens, see ingredients in **bold**. All our meals may also contain colery, crustaceans, eggs, fish, gluten, lupin, milk, molluscs, mustard, nuts, peanuts, sesame, soy and sulphites.

Typical values	(As Sold) Per 100g	(As Sold) Per Serving (230g)	(As Sold) Per Serving (265g)
Energy	287 kJ 68 kCal	661 kJ 157 kCal	761 kJ 181 kCal
Fat	1.2 g	2.7 g	3.1 g
of which saturates	0.5 g	1.1 g	1.2 g
Carbohydrates	8.3 g	19.1 g	22.0 g
of which sugars	2.5 g	5.7 g	6.6 g
Fibre	1.3 g	3.1 g	3.5 g
Protein	5.5 g	12.5 g	14.5 g
Salt	0.13 g	0.31 g	0.35 g

Contains 1 serving



For best results, oven cook from frozen. Before serving check that the food is piping hot in the centre, if not cook further. Take care, product will be hot - allow to cool before serving. Do not re-heat once cooled. These instructions are for guidance only. All appliances vary.

### Oven

Preheat oven to 190°C / fan 170°C. Remove lid and place pot on a baking tray.



	Small pot	Medium pot	
From frozen:	40-50 mins	50-60 mins	<b>40-60 mins</b>
From defrosted:	25-30 mins	35-40 mins	<b>25-40 mins</b>

### Microwave

Remove lid and replace loosely. Cook on full power.



	Small pot	Medium pot	
From frozen: Cook on full power for:			
900W	7 mins	10 mins	<b>7-11 mins</b>
800W	7.5 mins	10.5 mins	



## Apricot and Carrot Oat Bites

Soft baked oat bites with carrot, apricot and raisin.

### Ingredients

Oats (**Gluten**), Carrot (18.99%), Dried apricot (Apricots (99.9%), **Sulphur dioxide**) (18.99%), Butter (**Milk**), Honey, Raisins (Raisins (99.59%), Sunflower oil),

For allergens, see ingredients in **bold**. All our meals may also contain celery, crustaceans, eggs, fish, gluten, lupin, milk, molluscs, mustard, nuts, peanuts, sesame, soy and sulphites.

You can defrost them in the fridge overnight, or you can pop them in the microwave for 10 seconds and serve them warm.

Typical values	(As Sold) Per 100g	(As Sold) Per Serving (70g)
Energy	1411 kJ 339 kCal	988 kJ 237 kCal
Fat	18.2 g	12.7 g
of which saturates	10.3 g	7.2 g
Carbohydrates	36.9 g	25.9 g
of which sugars	12.6 g	8.8 g
Fibre	4.6 g	3.2 g
Protein	4.5 g	3.2 g
Salt	0.05 g	0.04 g

Contains 2 servings

### Microwave



Put on a plate straight from frozen, in the microwave for 30 seconds and serve right away.

**30 Seconds**

### Defrost



Alternatively, leave in kitchen to defrost overnight.



## Broccoli Tots

Baked broccoli and cheese bites.

### Ingredients

Broccoli (56.9%), Cheddar cheese (Milk, Salt), Egg, Onion, Breadcrumbs (Wheat flour (Wheat flour (**Gluten**), Calcium carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Paprika, Black pepper.

For allergens, see ingredients in **bold**. All our meals may also contain celery, crustaceans, eggs, fish, gluten, lupin, milk, molluscs, mustard, nuts, peanuts, sesame, soy and sulphites.

Pop them in the oven straight from frozen for 20 minutes.

Typical values	(As Sold) Per 100g	(As Sold) Per Serving (55g)
Energy	729 kJ 175 kCal	401 kJ 96 kCal
Fat	9.8 g	5.4 g
of which saturates	6.0 g	3.3 g
Carbohydrates	10.6 g	5.9 g
of which sugars	2.4 g	1.3 g
Fibre	2.1 g	1.2 g
Protein	10.6 g	5.8 g
Salt	0.64 g	0.35 g

Contains 2 servings

For best results, oven cook from frozen. Before serving check that the food is piping hot throughout, if not cook further. Take care, product will be hot - allow to cool before serving. Do not re-heat once cooled. These instructions are for guidance only. All appliances vary.

#### Oven



Preheat oven to 190°C / fan 170°C. Remove from packaging and place on a baking tray.

From frozen: 15-20 mins

18-20 mins

From defrosted: 10-15 mins





## Hidden Veg Pasta Sauce

Tomato and vegetable sauce.

### Ingredients

Chopped tomatoes (Tomato, Tomato juice, Citric acid), water, Red pepper, Onion, Celery, Carrot, Vegetable stock (Glucose syrup, Vegetable fat (Shea), Flavourings, Toasted onion powder, Potato starch, Sugar, Herbs (Parsley, rosemary), Nutmeg, Red pepper, Pepper, Carrot, Lovage root, Turmeric), Garlic puree (Garlic (92%), Citric acid), Mixed herbs (Marjoram, Oregano, Thyme, Parsley, Basil).

For allergens, see ingredients in **bold**. All our meals may also contain celery, crustaceans, eggs, fish, gluten, lupin, milk, molluscs, mustard, nuts, peanuts, sesame, soy and sulphites.

Typical values	(As Sold) Per 100g	(As Sold) Per Serving (205g)
Energy	73 kJ 17 kcal	151 kJ 35 kcal
Fat	0.3 g	0.7 g
of which saturates	0.0 g	0.1 g
Carbohydrates	3.2 g	6.5 g
of which sugars	2.8 g	5.8 g
Fibre	0.8 g	1.6 g
Protein	0.7 g	1.5 g
Salt	0.06 g	0.13 g

Contains 1 serving

For best results, microwave from frozen. Before serving check that the food is piping hot throughout, if not cook further. Take care, product will be hot - allow to cool before serving. Do not re-heat once cooled. These instructions are for guidance only. All appliances vary.

### Microwave

Remove lid and replace loosely. Cook on full power.



From frozen: Cook on full power for 3.5 mins (900W) / 4.5 mins (800W).

**3-5 mins**

From defrosted: Cook on full power for 2.5 mins (900W) / 3.5 mins (800W).

**3-4 mins**

### Hob



Empty contents into a small saucepan.

From frozen: Cook on low heat until fully defrosted then simmer on medium heat until piping hot.

From defrosted: Simmer on medium heat until piping hot.